

WEEK 3 : MEAL PLAN

Meal 11 - Meatballs

Meal 12 - Honey Garlic Chicken

Meal 13 - Italian Sausages

Meal 14 - Sweet Chilli Chicken

Meal 15 - Black Bean Beef

ADDITIONAL INGREDIENTS (TO SERVE WITH EACH MEAL WHEN COOKED)

Meal 11 - 400g spaghetti, 2 carrots & 2 zucchini

Meal 12 - 2 cups rice & 2 cups green beans

Meal 13 - 4 potatoes

Meal 14 - 2 cups rice

Meal 15 - 400g udon noodles, 1/2 spring onion & 1 head of broccoli

ALL RECIPES FOLLOW THE SAME COOKING METHOD:

1. In a snaplock bag, add all ingredients and freeze.
2. Remove from the freezer the night before so it defrosts overnight.
3. Place the ingredients in a slow cooker and cook according to cooking time on the recipe.
4. If there is quite a bit of liquid, thicken with 2 Tbsp flour mixed with a small amount of water and stir through, cook on high for 10-15 mins to thicken up. Add more flour/water mix if needed.
5. Season and serve.

INGREDIENT LIST – TAKE THIS LIST SHOPPING AT PAK'nSAVE!

Quantity	Item	Recipes	Sides
Fresh Produce			
4	Onions	11,13,14,15	
4	Garlic cloves	12,13	
2	Capsicums	14,15	
4	Carrots	14	11
4	Potatoes		13
2 cups	Green beans		12
1/2	Spring onion		15
1	Broccoli		15
2	Zucchini		11
Meat & Seafood			
400g	Beef mince	11	
4	Chicken thighs, bone in	12	
8	Sausages	13	
8	Chicken drumsticks	14	
400g	Beef steak strips	15	
Frozen			
2 cups	Frozen mixed veges	13	
Canned and Packaged			
1	Egg	11	
1	Onion Soup Mix	11	
3 tins	Tomatoes	11,13	
1 tin	Pasta sauce	11	
1	Sweet Chilli Stirfry sauce	14	
1 tin	Baby corn	14	
1/2 cup	Black Bean sauce	15	
400g	Spaghetti		11
4 cups	Rice		12,14
400g	Udon noodles		15
Pantry Items			
2 tsp	Mixed herbs	11, 12	
1/2 cup, 2 1/2 Tbsp	Soy sauce	11, 12, 13, 15	
1 1/2 Tbsp	Worcestershire sauce	11, 13	
1/4 cup, 1/2 Tbsp	Tomato sauce	11, 12	
1/2 Tbsp	Sweet chilli sauce	11	
2 Tbsp	Flour	11	
2 Tbsp	Honey	12	
3 Tbsp	Brown sugar	12, 13, 15	

MEAL 11: MEATBALLS

Slow Cooker Ingredients

400g beef mince
1 onion, diced finely
1 Onion Soup Mix
½ Tbsp soy sauce
½ Tbsp Worcestershire sauce
½ Tbsp tomato sauce
½ Tbsp sweet chilli sauce
1 tsp mixed herbs
1 egg
2 Tbsp flour
1 Tin tomatoes
1 Tin pasta sauce

Side Ingredients

400g spaghetti
2 carrots
2 zucchini

Cooking Notes

1. In a large mixing bowl, add the mince, onion, onion soup mix, soy sauce, Worcestershire sauce, tomato sauce, sweet chilli sauce, mixed herbs, egg and flour.
2. Mix thoroughly until combined – add extra flour if the mixture is too sticky.
3. Roll in 8 large meatballs, place in a snaplock bag with the tinned tomatoes and pasta sauce and freeze.
4. Cook on low for 4-5 hours (until meatballs are fully cooked).
5. If the sauce has thickened too much, add a small amount of water and stir.

** Serve with spaghetti, steamed zucchini and carrots

MEAL 12: HONEY GARLIC CHICKEN THIGHS

Slow Cooker Ingredients

4 chicken thighs, bone in
2 Tbsp honey
2 garlic cloves, diced
½ cup soy sauce
¼ cup tomato sauce
1 tsp mixed herbs
1 Tbsp brown sugar

Side Ingredients

2 cups rice
2 cups green beans

Cooking Notes

1. Cook on low for 4-5 hours; until chicken is fully cooked and coming off the bone easily.

** Serve with rice and steamed green beans.

MEAL 13: ITALIAN SAUSAGES

Slow Cooker Ingredients

8 sausages
1 onion, sliced
2 tins Tomatoes
1 Tbsp Worcestershire sauce
2 garlic cloves, diced
1 Tbsp brown sugar
1 Tbsp soy sauce
2 cups mixed frozen vegetables

Side Ingredients

4 potatoes

Cooking Notes

1. Cook on low for 3-4 hours, until the sausages are cooked through.

** Serve with mashed potatoes.

** You can cook without the frozen vegetables if preferred and serve with steamed vegetables.

MEAL 14: SWEET CHILLI CHICKEN

Slow Cooker Ingredients

8 chicken drumsticks
1 onion, sliced
1 capsicum, sliced
2 carrots, sliced
1 Sweet Chilli Stir-fry Sauce mix
1 tin baby corn

Side Ingredients

2 cups rice

Cooking Notes

1. Cook on low for 5-6 hours; until the meat on the drumsticks is easily coming away from the bone.

** Serve with rice.

MEAL 15: BLACK BEAN BEEF

Slow Cooker Ingredients

400g beef, diced
1 onion, sliced
1 capsicum, sliced
½ cup black bean sauce
1 Tbsp soy sauce
1 Tbsp brown sugar

Side Ingredients

400g udon noodles
½ spring onion
1 broccoli

Cooking Notes

1. Place ingredients into a slow cooker with ½ cup water and cook for 4-5 hours on low.

**Garnish with spring onions once cooked, and serve with udon noodles and steamed broccoli.